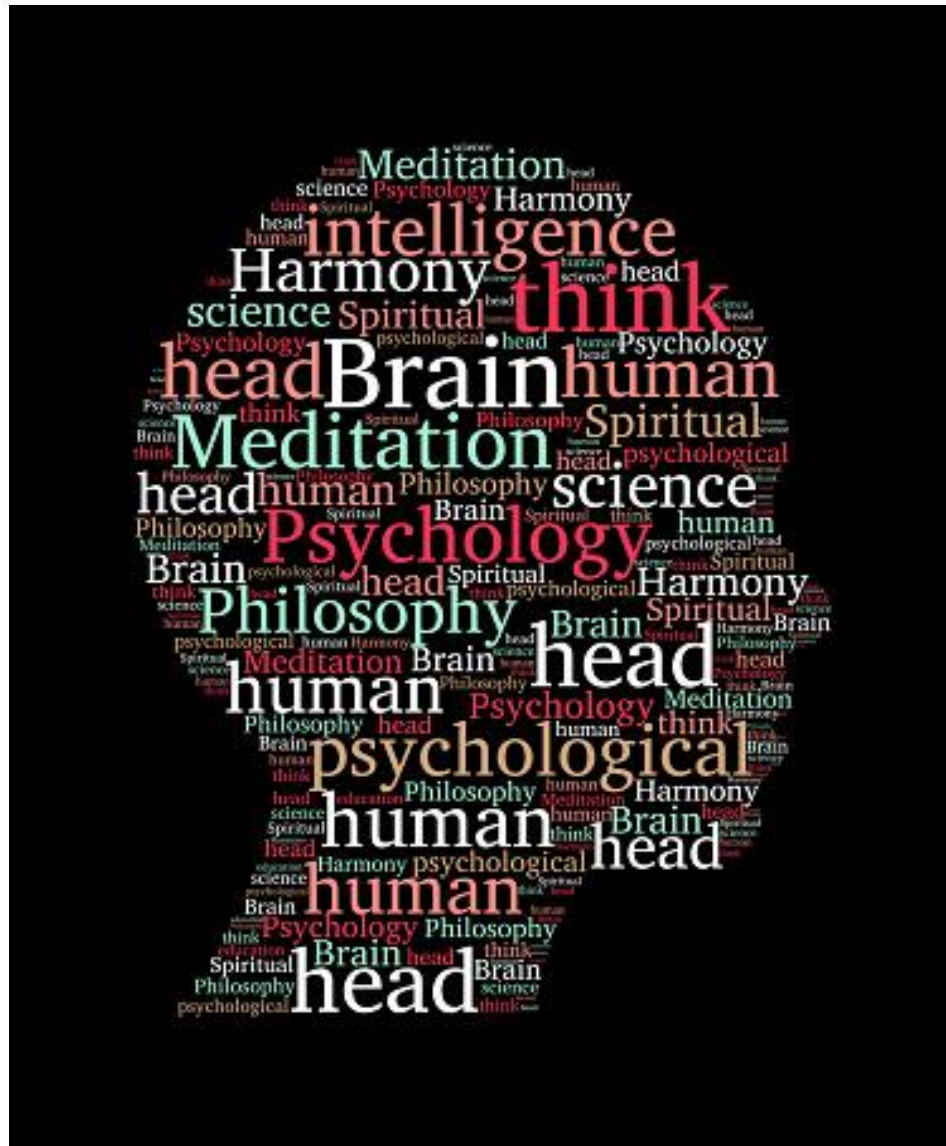


Igor Ljubas

Human psychology

The first part of the book



Only one thing is true and that is that the character in my book is a real character not invented created from experience and the rest are people I observed and talked to because I am surrounded by people I am not a doctor but I expressed my view of things I would do to help to that one patient.

A smile is the only medicine stronger than antibiotics.

Introductory Speech

In addition to social characteristics, a person has a dark side that is not recognized by the environment around him, everyone suffers until the moment when something happens.

The causes of human mental and psychological problems are difficult to explain. They may have been suppressed since childhood, or since adulthood. Despite the efforts, a person will not admit that he is ill, sometimes he calls late when everyone turns his back on him, but that is why psychologists must convince family members that more than condemnation is needed. It is difficult to find tolerance in this modern time when everyone is turned to themselves. Depression and isolation are diseases of the 21st century, without a solution it is difficult to help someone, you have to have patience but also determination. Helping someone is not a weakness, but a trait of brave people.

Alcohol and domestic violence cannot be condemnation for just one person. We as individuals mentally destroy that someone with our decisions. Man was not born as a beast, he was created by God's love. Factors and events make a person destructive, for example you have wars all over the world, where the psyche of those people is destroyed forever. As a result, you have people who will forever be on medication for those who started the war, forcing others, instead of going to war the one who started it.

How to treat someone who does not admit that he is ill. Talking helps in some cases, not after one treatment, it takes a lot of effort to get to the core of the problem. Some would give up, but it doesn't matter how long the treatment lasts.

Without medication, a person can be influenced to start from his problem, but with a decent conversation without condemnation, because force is not an example of help that will solve some traumas from early childhood. Many patients will tap into the place, yell at you, refuse to talk but you have to be persistent.

How to inform the patient on the right path.

It is difficult to declare someone crazy just because the environment does not understand him is meaningless and unethical. We must keep in mind that every problem can be solved if approached from the side, of course the influence of the family is very important, because it must be a pillar that will always stand in the wind in turbulent times and be the stone that will not be given to the pillar of time. Because apart from talking, drugs help at some stage, but if you convince the patient that the drug helps, then you are wrong, because it is not dealing with the problem, because the drug may kill and suppress all bad things in a person and then it is a danger to yourself and your environment. You have to be wise, convince the patient that he is not guilty, repeat and if he attacks you and says you know nothing about his life, just say that he is not guilty, you have to kill the pillar of guilt because in childhood evil was inflicted on him by others stumbles to protect himself in his world, he kills himself protectively, because if a person approaches him for help, he will be violent, because the environment assured him that he is not equal to the society in which he is and that he will never be part of the community because of diversity or mental problems.

Is it difficult for someone to admit that he has a problem, of course, in many sessions you will see that the patient thinks that his problem is not difficult, that he thinks that he is not sick and then when the family gives up on him he still refuses to cooperate and stays. to his world. If there is no problem, destroying yourself destroys others, in order for someone to talk openly with you about this problem, you must have patience as a psychologist. It is difficult to explain to someone that he still needs to be sent for observation to see how far the stage of the disease has reached, because patients are always right. As a result, you have suicides, divorces, peer violence and events.

People who fall into depression should not be treated with medication, but with conversation. Convince him or her that there is a solution, and even with the patient you have to become friends, convince him to go for a walk with you, to see that everything around him is not over, that a new day full of hope is always born but hope should not be killed.

There have been cases where a person of genius, writer, mathematician, etc. sometimes hides behind a mental problem, where you discover his qualities through conversation and meetings, which he or she did not know they possessed.

Condemnation

No, never, just talk, patience and gradually clearing the gray clouds. Because the sun always finds its way, but help is moderate without exaggeration. If you want to help someone, don't press him or make him fit you, we are all different and of course we are not perfect. The only thing that is in galleries and museums is perfect. One must stop judging others because you did not walk in that person's shoes, nor were you there in his moments of loneliness, and here you find the source of condemnation because it is in our nature that we are all smart.

If I can't help, I won't be there like a peg that will jump out and bother me, but I want to help and listen. You have to be the one who will give hope even when it is gone. And what is hope, in what forms does it exist, is hope equal for everyone, and how strong is hope and how much is something really worth healing. Look at people who have a family, it should be a port of hope, but it is often also a condemnation, because people through you want everything you failed to succeed to succeed. It is the pressure of deprivation of liberty, mental abuse, because a person who tries to meet the needs imposed on him by his family often fails to fall into depression, and the disease because he failed to resist the pressure and sometimes you have to find the strength to withstand the pressure.

Jesus sacrificed himself for all of us, and you sacrifice yourself to make the environment that imposes conditions on you come out stronger.

A patient with depression is prone to suicide, running away from himself and condemning that he is worth less. This is the beginning of a disease that is difficult to treat, is there a cure, of course.

Set your goals for yourself and then when you succeed, the environment will see that you are worth it.

While that person is slowly destroying himself, you don't have to be someone who will stand and be silent and you have to help because he is destroying everything around him, even his family.

Conversation

Conversation is a cure, and sometimes it can be unpleasant because there is a conflict. As a person who wants to help you, take a deep breath and let black thoughts and destructive words not stop, because the only way to cure is a conversation in which a problem arises. What are the problems, there are many of them, some are real, some may not be too important because everything can be solved. Conversation is a way of overcoming problems, of course they will not disappear overnight. Persistence is an important trait for confronting a problem, if you tell someone through a conversation that he is guilty and then you must be guilty, the factors are two people but as long as one side refuses to have a problem it is difficult to reconcile the two. Violent behavior in ordinary conversation is only counterproductive and it is psychological violence, which cannot be the subject of your dissatisfaction with the other party.

Conversation is a need to sometimes ease the burden you carry within you, but you can rarely find someone who will at least listen to you. If he doesn't want to listen to you, the doctor should be the one who will have to pay full attention to you no matter what.

Acceptance

Above all, a person must accept his condition, not dispute it and not prolong the treatment time. There is a degree in how far something has gone, even in illness.

The key moments are those that show when it is the right time to help someone and point out whether it is worth working with someone or not. Many people are afraid to help, so they give up and deny their fears, which is not good at all, nor is it a step towards help. If we want to help someone, we have to get to the heart of the problem, we have to get to know the violent side, in order to get to know the good side, if there is one. In some cases, it is suppressed and it is difficult to get it, because cancer of mental illness has taken a large share in human health.

You don't have to start rough, you should be friends with the patient first of all, and maybe go out with him. Point out to him how the environment that surrounds him is well-intentioned towards her, how the healing of fears should come from the environment if she is able to accept the set goal to help someone.

Help

First and foremost, you must find the strength every day to help someone and even yourself, above all to help others. Help in this topic is very important and must be present during the fight, to reach someone, to show him the injustice inflicted on him, to slowly allow a man to say without condemnation, of course if he wants to confess, of course I was wrong, let's start with that, you made a mistake, of course, it's a good step, but others made a mistake, we have to gather that anger and put everything in one room, to face it, to apologize to each other without violence. It seems ridiculous, but you should believe that every problem, even a disease, if there is a cure in time or there is only that you need to go towards that, towards that ultimate goal, to cure or cure someone. Wounds are difficult to heal, be they inflicted by family or the environment, but there is a way to change someone's life, to give them a chance to live again.

The path to healing itself

This is the most difficult path of all that exists, because it forks into two lanes and refers to patients who have problems, both with drugs, alcohol, and other burning issues that we find in a modern society full of vices. And there is little faith in all this, there is self-destruction, there is only a reason to destroy your family's life, because you are so blinded by your vice that it becomes normal for you over time. Well, they are the most difficult to talk to, treat and finally admit, yes, I am a person who is missing something, but I want to change. This is again a lie that you will hear every day, either from drug addicts or alcoholics, because they know that there is a problem but they put it off and it is a big problem, which can never move from a point where there is no going back. Where you have already lost everything and you may be looking for a solution too late. Many are cured, many are not, the consequences remain there, but nothing can be done, because we do everything ourselves. These are the most difficult to treat, when you accept that they are sick but have become aggressive over time, to the extent that it is worth helping or leaving a person. He needs help, but only when he admits to himself that he was wrong, that he shouldn't have done this. But there are great manipulators who will convince you that everything is fine and continue as before, the only decisive factor is healing.

There must be a need to listen

Just as there is a path to self-healing, there must be a will to talk, but a real, sincere and friendly one that must permeate all the pores of the problem, no matter how great it may be. In most cases, there is only condemnation or you are simply to blame for your problems, that satav must not exist, because no man is to blame for what befell him at a given moment. There are a number of factors that influence the problem to become bigger, as far as mental health is concerned, there must be, first of all, the need to discuss the problem, that both sides participate equally in all this and try every day to approach in stages solving problems through conversation calmly, calmly, completely naturally and without tension. Today, people very rarely hear, let alone listen to each other, people have become like shells, empty shells, empty inside without a shred of compassion, that must change.

Trauma resolution approach

This step is the most difficult and painful of all, because it requires a complete entry into the human psyche to the earliest stage, digging through memories, looking for moments when something happened, how terrible it was, digging step by step, only then you realize that you as someone who If you have touched on the problem, you must persevere, accept it stoically, that the patient has confidence in you, because he brings out very intimate parts of his life that can shake and a very strong person like us, who we want, that is, to try to help .

Trauma can be severe, leaving consequences for a lifetime. You have to understand that someone with severe traumas is difficult to treat, but you also have to have a deep will to at least somehow find a way to help, to get through that part of your life as easily as possible. Because there is almost no treatment here, except for a conversation that often leads nowhere but you come again to some extent, not everything is missed.

Step by step

The word step itself means that we have moved from a state of dormancy to a state of motion, which is exactly what it means here in our case, which means that we have started the phase of solving problems every day, but I as an author must accept the problem and face it. with the same so others but it is difficult to help because many people have problems that are very small and insignificant compared to others so we have that many want to live someone else's life to be like him to try to present himself better than he is people who blame others and it is a disease but in mental health it is that we have to accept our life as it is not to think about what could and should have been different simply accept yourself your life maybe even leave it go to nature spiritually heal and then return to him with much more will and respect.

No drugs

Medications are not the way to cure, they just stop our problems by blocking the brain and giving you the feeling that you don't think about them. Again, in order for a person to be treated, there are also natural ways of talking, nature, connection with society, no matter how big and difficult something is, medicine will not help, it will only delay and the problem will return. It is the same with the mentally ill, they give them drugs to kill me, practically they are no longer people but moving experiments by doctors who think that drugs help. Instead of just damaging, it is okay to give a cure sometimes if there is a reason for it, but above all, walking in the park, watching other people talk, children playing, simply being excluded from a world where you are not comfortable, it is nature and only nature or if you have someone you can always have, dedicate your time to you.

I can do everything

This sentence must always be present in the process of mental recovery only when you find the will and strength to overcome all difficulties in life and life offers them a lot and you constantly have the feeling that it restrains and hinders you in the burden imposed by time before life. everything you have to have your motto I can I will I want I want I can I will I will do it and to realize how many others have seen you a miracle you have to succeed for yourself not for others not for others you have to succeed for your family if you have a partner you have to succeed stronger and stronger you have to because of us because people will always put obstacles in your way whether it will be a problem or your path to the steps of desired success is up to you.

The belief in success in overcoming all problems must be stronger than failure, so you have to keep telling yourself I can do it and I can do it all.

Life is just a moment, in that moment make life even more beautiful for someone

Life is like a clock, it moves fast, passes and disappears, so you have to use your mental strength. To help the people around you every day, to always make someone's life more beautiful at all times, if not more beautiful then better than it used to be. People get into difficult situations precisely because a lot is required of them, sometimes even unfulfilled, because too many obligations and requirements that are placed before a person are harmful to his mental health. Even a healthy person can become mentally and mentally ill if asked too much. Some people shoot under pressure because they are not able to do everything that is expected of them. The step is on, always find time for yourself, work can wait, everything can wait, everything will be done sooner or later, but health as such cannot return, because there is no replay. Make compromises, what is really important to you and what is not. The most important thing is to take care of your family, only when you make their day better, then you will make your life more beautiful.

Encourage

You must definitely apply this everywhere and always, whenever the opportunity arises. Try to encourage someone by giving them hope that everything around them has a positive effect, affects their psyche. You must not speak in any way, you have to come to terms with it, and since you do not reconcile and you could have done better, everyone could have done better, but whether he wanted to, that is another question now and he has no place here. So in the process of healing a person, let us remember, there must be encouragement, hope, faith and exclusively spiritual struggle.

If you can't always share tips, try not to blacken the current situation. All people need a grain of hope. I know, many will say I'm not always in the mood. Bad will comes from Satan who takes over your mind and will always drag you to the bottom and everything will fall hard on you, so find a reason to constantly encourage yourself, yourself and your surroundings.

Share tips

Is it necessary, of course, in moderation, but without philosophizing and superfluous words that sometimes suffocate healthy tissue. Try to be moderate in them, first of all try not to insult the person next to you with advice, but just help him to get through the currently difficult period. But again, advice that will be useful, not one that the person may already know. Some new thoughts and ideas need to be breathed in, because many do not even know what they were capable of, because their eternal fears and constant worries about leaving the comfort zone restrained them towards the ultimate goal. That is why the advice should be directed towards being well-intentioned, to feel emotions and personal care for someone as long as you are constantly there. The only problem is that people find it difficult to follow the advice given to them, so you have to try the opposite, because life is a constant struggle.

Find a genius

You are probably wondering how to find a genius in a person who has mental problems, you see that person as a problem for this society. From life a guy who was easily mentally retarded was a great singer, a dry genius with a voice but people in him looked at a person who lacks something just because of his identity, a person with mental disabilities. Nevertheless, you've probably seen people who get sick often hide something, write, count, that wall hides perhaps a mathematical genius who simply did not want to be accepted by his society because he was considered a strange person to be kept at a distance.

Cleanse a life full of fears and traumas

A very painful therapy that must be carried out is for a person to overcome his fears, to know that nothing bad will happen to him, that everything they scared us with when we were little does not exist in life. But it also causes trauma in some children in adulthood. Some eventually realize that it was all because they were restless as children, but some people take those fears with them even in adulthood. You have to convince patients that all this is just an empty story, superstitions and that nothing strange will happen to them. Fear of the dark, fear of babaroga and other nonsense leave sometimes lasting consequences that people have a hard time dealing with. In my opinion, fear is a form of violence against a person, to fear someone just because he is restless is inadmissible. We were all restless as children, there is a conversation, not a punishment, it will not help anything. Lock the child in the room and what you get as a result, a child who will always be afraid of you, afraid of his actions, so he will not know what is right and what is not.

Self-control is the power of all success

One very demanding discipline, unattainable for most people but the mother of all solutions, is called anger control or self-control. Where you have to control your anger, so that nothing and no one should provoke you. You have to be ready for everything, life brings challenges, insults and difficult words. It is important that you have that limit in you when you say that it is enough now, no one is worth losing control of because of him, but how to convey that. People, they often get into arguments and conflicts, the more anger there is, the less likely it is that the debate will go in the right direction. You often have to see why you are actually arguing. In many cases, discussions can be childish and often do not need to be started, but if it starts as a smart person, you get away from it, turn your head, and let the individual argue with himself. Maybe she will convince herself that she has a problem. You have won in anger control by withdrawing, without twitching and saying let it be right you are, and if often someone is wrong let it be this time.

Help first.

First of all, help in the most difficult cases is very important, because the patient then feels that you are really working on him. Help should not only be in the form of therapy and medication, help can be a wide range of things. About trying if you can't already create a better world or conditions for the patient who really needs it, then find a way who can help him after you, everywhere and in any case the door should be open to everyone and for everyone regardless problems, one should never reject a person who can still be helped.

Help must come at all times from the Bishops. Because in some cases they are the part where the problem arose, so since there is no help from the family that condemns it, you as a doctor must be the one who will provide help in the form of everything you think can resolve conflicts within the community itself. calling family.

Trust

A very expensive and very difficult discipline in life is called trust. It is hard to gain and even easier to lose, and why is that. Primarily because a person is ready for various things that will at some point lose the trust of loved ones and the environment, then it is difficult to act in the direction of helping the person, because trust is simply gambled and from that moment the person encounters a number of difficulties. Precisely because of that, in order to gain the shaky trust of the environment that left her, she left herself to take care of herself. Of course, the patient must gain your trust, that you will not betray him, but that you will really help him.

A meeting

First of all, this refers to the conversation, the sessions that you perform during your treatment with the patient. They can be long, exhausting and tiring, for some even boring. But they open everything we have talked about so far, all problems must be opened at each new session and approached primarily professionally and with the desire to return the patient as much as possible to his peaceful life with his family, of course , and the family will suffer because of that, but she must also be included in the meetings. That way we will close the vicious circle and open a circle to solve the problem.

The patient is not a thing but a man

Of course, full attention must be paid to the person during his treatment, regardless of the condition or color of the skin, doctors should not make distinctions or be there to question the social status of the patient. First of all, the best possible care in maintaining mental health and its treatment must be an absolute priority. Now, if a person has been declared someone to be forgotten, for whom there is no help, there is a cure for all people, help and support. Doctors should leave the mood at home and dedicate themselves to the patient, until the moment when the patient is able to return to the society to which he belongs.

Life teaches us to forgive

A very difficult and extremely complicated discipline is to say sorry, sorry, I was wrong, I didn't want to, I didn't think so, this shouldn't have happened, we didn't need this at all, we must never allow ourselves this again, we must find a way to forgive to each other everything and to others, we have to move on in life, we have to turn a new page and learn to forgive because only then we will feel better, because hatred is a disease, contempt is the same. Life must teach us, to forgive again and again, to share only love.

A sense of belonging

Well, this is a very important point in our story. Because a man constantly has a thought that torments him, that he is rejected by society and that society will not accept him. Of course, we cannot all socialize or share the same ideas and opinions, but we must understand that everywhere at any time we can find people with whom we will find ourselves in the group, because we belong to the same team, a community that shares the same opinions and ideas. . So it was with the patient who should not be an exception, and he must belong to the group was a difficult or easy case. All in all, and he must be in a group of people in which he will feel equal to the world, at that point we will help him by connecting him with people with whom he can communicate or simply spend as much time as possible, but to give him a real sense of belonging that he will not lose that group no matter what.

Love yourself and others

Of course, a person must be satisfied with himself first, but it is difficult to establish, because today everyone is dissatisfied in one way or another, but we must convince a person that only when he begins to love himself and others will accept him as he is, because you don't have to be someone else, you have to be your own. When you hide all the anger and rage that you hide in yourself because you are not as perfect as you want, just imagine how much pain and longness is inflicted on people around the world while you think about perfection, and again you only have your worst, that yours should become the past, I love myself, I can want, I have to and I want to become your new self.

Love nature, love everything around you and what surrounds you, receive the joy of ordinary and everyday things that each new day brings, love today and tomorrow and may it be so forever.

The final path

What is the final path. It is a constant struggle that you lead throughout your life. Is he beautiful or ugly at that moment? There must be a struggle every day, because when a person stops fighting, he stops hoping, and when he stops hoping, he stops living and existing, and we must not allow ourselves that. The patient should not be denied the right to fight either. He wants, so wake up, understand and begin to feel the world around him, begin to understand that you are there when it is difficult for him and to let him live and leave him alone when he realizes that he is well, that he understood and understood which means a constant need to fight. It is the culmination of success in the treatment of all diseases.

We are far from successful but we need to strive

Well, we are not even close, we are not even far, it depends on which aspect and at what moment we observe things. How do we see what we have done so far, whether it is enough or not, whether it can be more. There can always be more, but we must also be satisfied with what we have achieved so far, because we will find everything else we need, so that success will be present at some point because there is nothing better than when you take the patient on the right path. outside, that he is not afraid of anything, that nothing can hurt him. And the best thing to say is that I hope to see you somewhere other than the hospital.

Share hugs

And last, always and in every place when it is difficult for someone to hug him, give him a hand of warmth and a hug of encouragement. Sometimes it is enough for a man to feel good, not to say anything, but to hug him tightly. A hug prolongs your life, sends you sincere or at least should send sincere messages from the person next to you at that moment.

Be someone who will always share hugs, even to a stranger, brighten up one day, try to give back at least a moment of joy to the homeless to see that what you did be sincere and from the heart, say thank you for sure, give a hand and you will know that you did one noble thing. But do them all the time, always be there, flood your life with hugs, hug even the enemy, let him stay confused you feel so good that you don't hate him anymore, and let the doctor finally hug the patient then we know we all succeeded.

The future ahead of the past

Everything that was, that has passed, should be left behind, because if I needed to, I would go back to the past. The word itself says something that has passed, it is no more, it does not exist, it has no meaning and it does not need to be reactivated. Because, first of all, we have to turn to the present as well as to the uncertain future, but we should not turn to the past, because it will always hinder and persecute us. The past plays a very important role in healing, but only so that we know where to start at the core of the problem, to know when something started and how to approach solving the problem until we solve it.

Dedicate yourself to God

God is all around us, we are God's children and as such we must follow his path. What exactly does that mean, we must love our neighbors, whether they are sick or not, love ourselves, love others, love even our rivals and with that love make them feel ashamed, so that they also give in. It rarely ever happens, but there are cases in every disease, problem and dilemma when you don't know what to do next. You must always have God in your mind, let him be with you all the time, leave what the environment says, let the unbelievers go, their sin is because they turned to Satan, but by the power of our will we must return them to the right path. Only God saves and he is there to judge, not man.

Read the bible, there are answers to all your questions, it will even overcome your doubts. The Bible has no expiration date and as such must be with you always and everywhere, because by reading it you will overcome depression, maybe some mental problems that you face and you will see that one day progress must exist.

Faith is stronger than all evil

Faith in yourself must first and foremost be a key part of your struggle for healing, only in that way will you attract God and drive away the demons that surrounded you and draw energy from you. Every day, with every illness, a person usually gets sick because he falls into depression, because he thinks there is no hope. We must not allow ourselves that, there is always hope, hope is everywhere as well as faith, prayers and the sublime ultimate goal we go to to heal ourselves and to regain faith in ourselves, that everything is possible and even faith to drive away bad thoughts and attract the good.

Try to believe, go to church, pray, look for answers to all your questions and very soon you will find solutions and you will see that after prayer everything will be somehow easier, talk to priests, share your experiences, listen to them as they come out some problems thanks to prayers and strong faith.

Let's not be different, let's be the same for a moment

Again, one of the things they taught us wrong in life, and that is that we are all equal, maybe before God, but not in life. If we are all the same as they say, then why do we have the happy and the unhappy, the rich and the poor. We are all different, but when the obligation to someone makes us able, we can help. We must put aside all differences, be they religious or otherwise. Mental illness exists in bofats, they are the most difficult to cure, because they thought they were gods and untouchable for the rest of the world, daffodils and those who think they are irreplaceable are the most difficult to cure, because they do not receive messages brought by society. They can replace us all. One should be convinced that it is nothing but an ordinary part of the unit called society. Only those people are special with talent, a gift with which they help others, and such are rare. So, let's leave the differences at least for a moment and let's try to help the unfortunate, to give back to the sick hope, poor faith and others, to show that we must leave the differences aside when it comes to help.

Be hopeful

In order to achieve that, you have to give someone a part of a better tomorrow, that everything is not lost, that there is a solution for everything, that hope and when it is not there, you need to find it, then it is all around us. God is hope, faith is hope, be a person who will always be there, no matter what. Just give someone the impression of security and justice, that when he is having a hard time, he can count on you. But like everyone, you can't immediately become a person of positive thinking, you have to know that not everyone thinks the same. But to at least give someone hope, that it exists, that it is there, that it is present in things and deeds that bring a new day, because every day is new, it starts in the morning from the beginning. The old remains in that day yesterday, so the hope that existed yesterday exists, so today it is perhaps even stronger and more expressive.

I want to help you, you just have to let me

This is one and very difficult task that is set before you, when you want to help someone, because a person will look at you with contempt, fear and distance. At the same time, you are afraid that it will not be used, but you must convince the person you want to help to really want it, it is not an easy task to reach someone, especially when that person was injured, so many times that she does not believe that someone wants her. Okay. But with a friendly conversation, you have to break down the barriers that are between you and that person, you have to find the strength to convince yourself that you can fulfill this task as well.

The final fight

This phase should be just the beginning, because it is very difficult to help someone exhausting and long-lasting struggle, for the patient to overcome all his fears, dilemmas, traumas that he encountered throughout his life, or at least to alleviate his destroyed social position. at one point he was humiliated during his life or in some other way he was wronged. This refers to where the man was dishonored, and that he must be compensated for everything that was taken away from him by force during that period of his life, and those rights must be returned to him, and that is not the final fight, it is not an interruption that should be all.

Why this topic

Yes, it is very difficult to talk about mental and mental illnesses, traumas and disgrace of a person. But we must accept that problem and understand that it exists, that it should not be ignored and that all sincere measures should be taken, radical changes that will help us that if we cannot win against the injustice inflicted on a person at some point, then at least we reduce those consequences, to try to return the person to a normal life. Unfortunately, the consequences remain, but we must reduce them to remove them, and return the smile to the person, give one sincere hug, hope for a better tomorrow and only one warm sincere word is the way to recovery. I say again, not towards victory for victory, but we have to go through a radical and difficult path, but we will succeed if we trust ourselves enough, but above all, the patient must trust us.

Did I succeed?

Well, I don't know, I'll probably tell myself that I did, to encourage everyone to think. How many good things we have to do for each other every day, how many we have to be there for everyone at all times, to share love, to help everyone, to bring back a smile of hope and faith in a better tomorrow, because as long as we live we must fight for a just world and to know what we will leave behind for others. I believe in miracles, a miracle will happen one day, I will follow the path, follow it, we will reach a fairer and better society one day, that is all we need.

The second part of the book

Problems of modern society

This is not another story about a better life about how to make money, attract people to make friends, get love, but a story written about real human problems.

Climb

The rise of a society begins when all the elite, I mean scientists, writers, doctors, professors, lawyers, come together in one place when they consciously make decisions about creating a modern society to make the state even better because without smart people there is no well-organized society. Your journey in life begins the moment you read at least one page of the book and that left an impression on you. Today's elite has unfortunately sold for little money, so now cultural institutions have unfortunately become a reality show.

Falls

Society can experience a decline in many things in a cultural, spiritual and educational sense. When you lose that, often all that scum from the bottom, all that scum gathers on the surface where an honest man has to blush in front of the world, where it's a shame to ask for your rights, ask what belongs to you and watch culture turn into brothels and brothels , as schools lose their meaning and children become even stupider.

Modern society

Today, the problem is that the rich are getting richer and the poor are getting poorer, and now in this balance of power, solving big problems is not in sight.

The problem of a society does not lie in the individual, but in problems that did not arise yesterday, but drag on through the centuries. it creates victims or political opponents. Everyone is fighting for power, only the strongest who know how to manipulate the people remain forever, manipulation is the key to political success because people do not believe in themselves, so they seek the truth in newspapers and on television, and that is all opium for the people.

Today, a society should stand up for the principles of preserving marriage, for raising children, for everyone to be equal, for everyone to be able to create something, rich or not. Some people may be poor but they are rich in spirit, they have not lost their face and honesty.

Society should be based on the principles of preserving good smart people, knowledge is above all the key to the success of a society.

Unfortunately, big cities are a hotbed of everything that is wrong, so we need to save children and give them as little time for laziness as possible, and more for what they will do with their lives when they grow up, society needs to move them from a young age to work habits.

In the world of modern technologies and the race to create a better communication world, people have forgotten the real world around them, political differences have always been great, now they are even bigger, great powers are constantly suffocating small nations with their capitalist boot and their belief in a better life. life for yourself no one else will do it for you.

The problems are not only social, health and political, but also global, where today young people are poisoned with some stories, movies where they are supposed to look for their heroes, but the only real heroes in your life are your parents because they took you on the right path. you later create yourself into a person who consciously thinks with his head, and if someone from your environment has ever condemned you throughout his life, he wished you well.

Every form of humanity and common sense has been lost, the family that was once a pillar of society is now thrown under the rug. There is only lawlessness and some quasi-laws that do not give any freedom and the right to vote. The more laws no longer exist, there is only what the great powers determine, you will only say what you are told.

And it is not the smartest thing to catch the eye as a normal person, and by the word normal we mean that at this time a normal person can hardly survive in his own skin with all his good or bad views of the world. Man as an individual can hardly survive in the sea of immorality.

But today's problems are a consequence of the passing of the law by people who wanted freedom and got capitalism as a solution. Politics eats those small fish, the big ones that change partners in order to stay in power, it is difficult to fight against them.

Society has turned globally at the beginning of the 21st century because we enthusiastically accepted all the things we were horrified about, starting with reality shows, glorifying whores, criminals, war criminals and all those who have done a lot of damage to their peoples and shame. difficult to wash an individual.

The great problems of society are based on the fact that the institutions that should be the basis of a modern society function little or not at all. There is more and more crime or great divisions between rich and poor, where there are no laws for the poor and for the rich and criminals the laws are simply untouchable and they do what they want, because the court is no longer the rule of law but the circus.

Racial differences are very big and that should be stopped. They teach you in school that we are all equal, that is a big lie, we are all different, but the only thing that makes us the same is that we are all human beings, although there are few of them today.

Happiness

Never look back, because time has passed, you will not find anything there, try to find the purpose of your existence on this earth because we are all here with some reason and mission to create this world according to our personal desires and interests.

Everything that happens has its reason, there has never been a reason to stop in life, you always have to move forward, Rome is not built in one day, you build yourself as a person and you have to know what you want. Many do not find themselves in life, while others find themselves and be happy, but happiness is a changeable state and does not last forever.

You create happiness by taking a step forward every day, life is a collection of desires, which may sometimes be too great. Today, the blessings are also great and numerous, but God does not hear unbelievers, but if you believe in yourself, you will succeed.

In order to be happy, you have to become happy and attract her to be always there for you, so let it be just a dear one, a song or a book or maybe a dear friend because happiness is not obtained, it is born only when you get rid of black thoughts.

Marriage to a holy community or ...

Today, marriage is also an institution built on the basis of interests, when they are no longer all artificially created, it falls apart in its ruin. In order to have a good marriage, you have to have a good wife, mother and wife, and that is like a lottery, almost impossible.

Marriage today is also without a future, without hope and prosperity. There is no beginning but only the end, it is no longer a union of the spiritual love of a man and a woman, but a zone of interest of both parties to achieve their goals.

In order to have a happy marriage, you must have a spiritual connection with your wife, without that there is no real marriage. It is never too late for him, beware of immoral women, they are like poisonous snakes to you, in each of them crouches a bitch who sooner or later shows her true face, and a woman if she is faithful and sincerely loves you and has nothing under the sky go with you wherever you go.

Marriage was once considered a serious community, now it has become a community where children must not be punished, where everyone can turn against you, where women always play saints and think they are right but they are not. I would say that women are worse than men because if a woman sincerely loved you, the whole marriage or relationship would not be carried by just one person, but two would fight equally.

But in spite of today's women, you will always turn out to be a fool in their eyes, they like fagots and brainless fools who like to be monkeys, there is no finesse in their vocabulary.

Today there is no more tolerance between partners no more conversations or agreements simply as soon as there is less money, there is nothing left the marriage is falling apart for material reasons.

But the biggest victims of marriage are children, who suffer from the whims of their parents. It is easy to have children, but not everyone is a parent.

About individual women

Today, women or girls no longer learn anything from their mothers, how to learn to be good housewives, to become good mothers and to be a role model to their children.

All that matters is that they have a profession and that they are pursuing a career, and the fact that they have become a magnet for fools is nothing to anyone. The consequence of the international society is that women no longer want anything in marriage or in a relationship, they are silent because, as I mentioned, they are interested, and they should enter into marriage only if they are sure that they are ready for marriage.

Today's relationships and adventures are reduced to messages and invitations to blind falling in love and doom, you have to first spend 24 hours locked in the same room to spend your whole life with someone. Infatuation and emotions pass quickly, only trust and agreement remain, although that is no longer the case.

Women today do not think for themselves, they no longer choose marriage partners and in order for someone to be a good father for their children, partners are chosen only for fun and entertainment.

Parents and children

Instead of taking care of their children, parents take care of the singers on the front pages and people who will never achieve anything in life, and today such girls are a role model for young girls. When your child becomes a role model for a starlet or a criminal, then you have missed your role as a parent, she is increasingly immoral without simply resolving anything on that issue, in order to stop this sewage and waste of society and stop spreading immorality to your children instead of television give the child a book, give him a healthy life.

But today, there are few parents who deal with the problems of their children, so they blame society or the state for that. No one is called to solve your children's problems except yourself, you have to make them people who will be able to live today and tomorrow.

I was lucky to get great parents, they started from nothing and created a lot, for that I am grateful to them because after many years I also matured as a person. You have to respect the little things in life, the big ones require perseverance and great people, not those who sit all the way in front of computers or TVs, but those who fight to be good for all of us. The state only gives you a job opportunity, but it will not ask for it, all you need is to fight for it yourself, the greatest success is to inform any person on the right path.

Today's parents pay so little attention to their children that from an early age they make fools and spiders out of them who will serve this society as an apparatus that will think only the way the state or the government wants and not with its head as it should.

Today, children are more and more sitting inside and less and less outside with their parents because their parents are not in the mood to dedicate themselves to them. The worst thing in life is wasted talent.

Children no longer have a social life or it comes down to whether I am better than him or he is better than me, so it is with people.

Make a child one day a person who will serve both himself and this society without losing his identity to be an exemplary parent like you were to him.

Today, your children are taught that it is normal for people of the same sex to get married, that you can do whatever you want without being punished at school.

Because all those who think differently should not exist, that today it is enough to give a girl half-naked through the city and thus attract the attention of even more poor people than she is because she should not be pitied, if she had parents I would not be like that they let her on the street, but they would give her advice as if she were becoming a good mother and marrying well, but only a moron can be born from a moron's parents.

Parents today are wrong in one thing and that is that they do not let their children be what they want, everyone is born for something else, everyone has the right to their thoughts and feelings, the child should not kill hopes and dreams because what else life remains.

So dedicate your life to travel, learn from others so that sometimes your children can learn from you, don't buy your children expensive telephones, give them love and attention, material things don't make a person happy only what really makes him happy is love and attention which fills him around the things he has created for himself.

Children grow up with stupid cartoons and heroes with stupid games And even stupider parents who were not able to get some upbringing at home, so then a child can't be any different.

Children sometimes cross the border and you don't always have to fulfill all their whims and desires, you have to make and teach children to respect you because they have to know that without hard work there is no success, they have to earn to get something.

You should never blame your parents if they don't agree with you, you have to understand their and your growing up time but they will always be there to support you and if you make a mistake, everyone sins, but you have your life again, take it in your hands and face it .

Man as a modern slave

Man is not rich because of money, but because of his acquired knowledge and experience, and every day he struggles to win in the face of the challenges that life imposes on him. My knowledge of life is very simple, you always have to fight, I don't trust anyone except my family, today people around you are just out of interest, when that doesn't happen they are gone, everyone today is looking to be around you for good because there are no proven people in life, everyone is suspicious.

Many people think that they are smart because they read all day, someone can learn all his life and stay stupid, because if you didn't understand the point, then you read in vain. You can consider yourself smart only when you surpass the knowledge of your professor.

When something can't be accelerated and improved and you do it ten times better because objects as well as people need constant upgrades because without it the machine stops working and man creates and thinks, turns into a robot.

Today, people act a lot, lie just to attract attention or think that they are great people who can do anything and you do nothing, such people actually have no life but to blame others all their lives.

Because people will always ask you for more and you will be happier because you cannot be available to everyone. Be self-sufficient, those who ask you to be better may look at you as someone who has succeeded in something they have fallen through in life and that is why they will hate you because a man does not waste time with a man he immediately gets everything out of you can.

A man seeks his flaws and virtues in another man, everything that makes him think that this one is better or more perfect than him, but no one has ever been perfect or flawless. We strive to be the best and stop at a small problem.

We need to help others because it is human nature to all stick together, although animals seem to get along better, so we need to ask for a recipe for humanity from them, we need to learn ugly and bad things so that we do not repeat them again.

Humans are a species that systematically destroys itself, without worrying about the generations to come, leaving them desolate, baskets full of garbage and rivers full of various poisons and air that slowly kills everything while the planet slowly dies.

It is easy to seduce people with lies, people are easy to believe and they are easy to bribe, they believe even more in false prophets, so in that regard I cannot believe that people are so short-sighted, if you already have a problem, solve it yourself.

The people were always stupid for some things, they sent their greatest oppressors to spectacular funerals as heroes of all, those who set them back applauded them enthusiastically.

Life

People don't know anything about life, they cultivate some inverted values, everyone wants to be someone and something, without a gram of brain or without an education with which to present myself to the world. Those who have money, you are not exposed much, only those who act something are ordinary fools, a man should live his life because even when there is someone he is alone, everyone is an individual for himself and should love his life from day to day to change it and try to be quality full of content.

The essence of life is not money, but marriage and children, when you have that, then you are a rich man, rich people are not really happy because they always need more, a modest man needs a little to be happy.

From my point of view, I take life seriously because it is not a game, it is full of challenges and you can be at the bottom in an hour without even being aware of it.

Life should be an adventure full of events and beautiful things, and sometimes life is a nightmare that has been silent for years and always suddenly comes to the surface.

It should be a set of wishes where you always do something nice for others and others for you, to dedicate time to your loved ones because none of us will be on this earth for life. You will be sorry for the time afterwards and you cannot bring people back, although the time will be after you.

Alienation and depression are a modern disease

More and more people are withdrawing into themselves, silent, not talking, alienating from each other. Mostly social networks are to blame, although we are to blame for that because time for friends must always be found, today people talk quickly just to ask them as little as possible, there is no tolerance, no good relationships with people and if someone is good with you no you know what he thinks, humor doesn't exist because you are immediately considered a fool, young people prefer holes from clubs to spending more time.

On the street, there are usually a few of them walking in pairs, headphones on, everyone in their own brainwashed world or full of themselves that you can't approach him.

There are more and more people who look like zombies without feelings, everyone wants others to feel sorry for them, even if there is never any basis for that.

Alienation is a problem for both parents and children, not only young people, it is a disease of modern society that has now taken hold and can hardly be overcome, depression is also only an even worse disease of the modern age, but depression is a state of mind that people carry because they withdraw into themselves, but there are reasons for that withdrawal, but depression is solved by hobbies or by changing the environment and negative people.

The problems of depression are disagreements with the environment, where everything seems unsolvable, but it can be cured by talking to real and quality people who will cure you, as well as a good book.

Money and greed

Today, money is the driver of everything, some have little, some have nothing too much and they don't have enough and everyone should have the same because those who work have nothing in the end, those who are lazy all their lives have everything but money itself is paper without cover, worthless but necessary but does not buy happiness, buys only the necessary things but sometimes people do not have a measure so they buy and in the end they will sell what they need most. I never looked at money as something because friends are sometimes worth more than it is.

Closing remarks

All I would say would be superfluous words, we simply have to fight every day to believe that we can resell everything to defeat evil and emerge victorious.

Sometimes it just happens to be the beginning of something most beautiful.